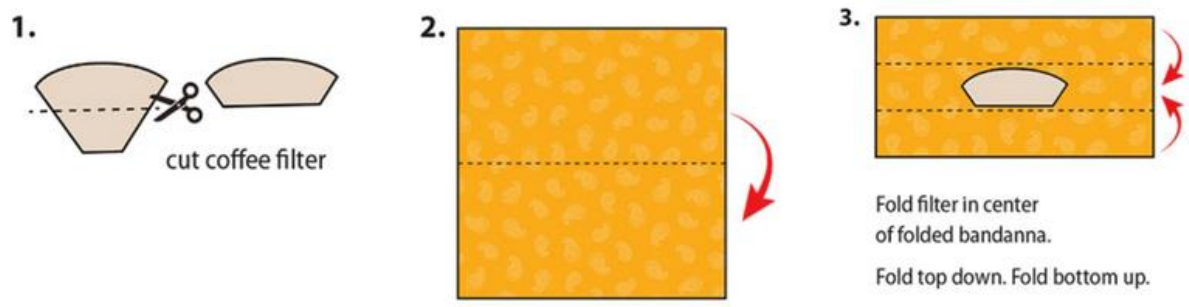

Image: CDC

For this mask, the CDC says you'll need a coffee filter, rubber bands or hair ties, scissors, and a bandanna or square cotton cloth measuring roughly 20 inches on each side.

- First, cut the coffee filter in half lengthwise (so, parallel to the opening at the top)
- Next, fold the bandanna or cloth in half
- Place the top portion of the coffee filter in the middle of the folded bandanna
- Fold the top and bottom thirds of the bandanna over the middle section where you put the coffee filter
- Place rubber bands or hair ties roughly six inches apart evenly from both of the two ends
- Fold the ends over to the middle, and slip the rubber bands around your ears

To keep the rubber bands in place, try pinning them with a bobby pin, safety pin, or a needle and thread if you have it.

T-Shirt Mask (No Sew)

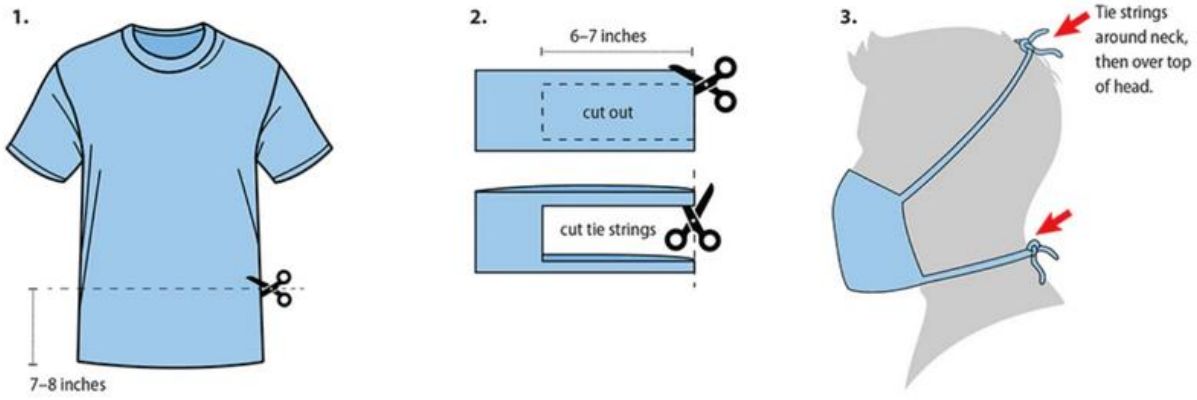

Image: CDC

This mask only requires a T-shirt and scissors.

- At the bottom of the T-shirt, cut a 7- to 8-inch-tall band
- Cut out a rectangle roughly 6 to 7 inches in length and 5 to 6 inches in height from one side, leaving at least a quarter-inch of fabric between the cut and the edge of the fabric
- Cut these ends to create strings
- Ties those at the back of your head and neck to secure the mask

T-Shirt or Cloth Mask (Sew)

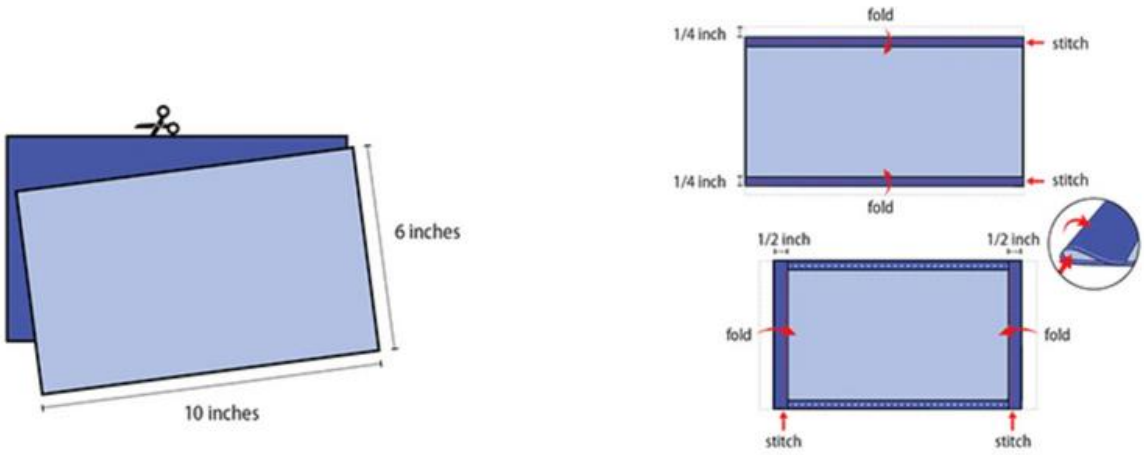

Image: CDC

For this mask, the agency says you'll need two 10-inch-by-6-inch pieces of cotton fabric, two 6-inch pieces of elastic (such as rubber bands or hair ties) or strings, scissors, and a needle and thread or sewing machine. The CDC recommends using tightly woven fabric—such as quilting fabric or cotton sheets—but notes a T-shirt will work fine.

- Start by stacking the two pieces of cloth so that they are aligned the same way
- Fold the top and bottom of the long sides down a quarter of an inch and sew them in place
- Fold the shorter sides over half an inch and sew them in place
- Thread the 6-inch elastic bands through the half-inch openings on the shorter sides of the fabric and tie the ends together (the CDC recommends using a bobby pin or a large needle to help)
- Tuck the knots inside the hems at each side
- Make sure the mask is fitted to your face, and secure the elastic bands in place with thread